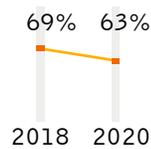


INFLUENCES

Youth are surrounded by both helpful & harmful influences.

Protective factors have declined while risk factors have increased, causing concern for youth substance use to increase.

Fewer teens feel like their schoolwork is meaningful to them.

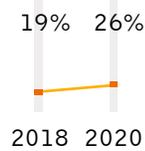


Or that they have goals they have set for themselves.

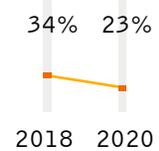


Mental health is an important factor - and more youth report mental health challenges, both for themselves and others in their homes.

More teens reported having 3-5 poor mental health days in the past month

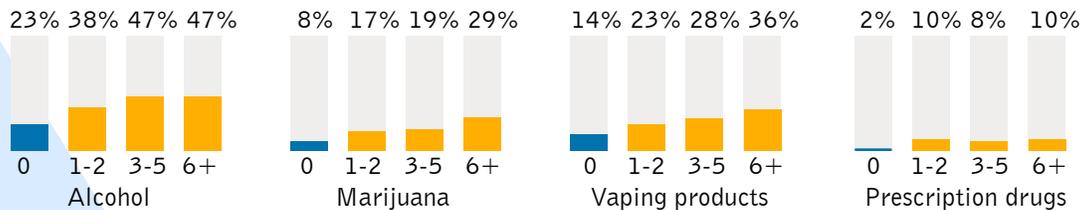


Fewer teens reported having zero poor mental health days in the past month



Teens reporting zero poor mental health days are significantly less likely to use substances.

% using substances based on number of poor mental health days per month:



One in 4 teens say they live with someone with a substance use disorder or addiction.



2 in 4 say someone in their household has been depressed or had other mental health problems.



INFLUENTIAL ACTIVITIES & ATTITUDES

Having opportunities to engage in extracurricular activities helps youth explore their passions and feel a sense of belonging.

% of youth who feel they belong at school:



% of youth who feel they belong outside of school:



Youth are recognizing the dangers of vaping.

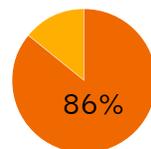
Nearly 9 out of 10 (87%) say they've received education about the risks of vaping



About 7 out of 10 (69%) see great risk in regular use of vaping products



Most teens understand that prescription drugs are not safer than other illegal substances.



“I Rise Above’ means rising above the bad in the world to make the world a better place to live in and to love.”
- Youth Participant



The Rise Above Colorado Youth Survey (RACYS) is a data source for behavioral health and substance use attitudes and behaviors among Colorado youth ages 12–17. With funding support from the Colorado Consortium for Prescription Drug Abuse Prevention and the Colorado Department of Human Services, Office of Behavioral Health, the 2020 data of more than 600 youth is based on a representative sample of the entire state. For more information and complete survey data, visit www.riseaboveco.org.